

October 2017



1541 ANNEX ROAD,  
JEFFERSON WI  
53549  
920-674-8734

## Mind, Body & Spirit: Caring for the Caregiver

In recognition of National Family Caregiver Month, the Aging & Disability Resource Center of Jefferson County is hosting an event called, **Mind, Body & Spirit: Caring for the Caregiver**. The event will be held on Thursday, November 9<sup>th</sup> at the Johnson Creek Community Center, 417 Union Street, Johnson Creek. This event is free and caregivers are welcome to drop in anytime between the hours of 10:00 a.m. – 2:00 p.m.

The event has many offerings including Healthy Eating Cooking Demonstrations, learning about the benefits of essential oils, and health screenings including blood pressure, depression, nutrition risk and caregiver stress. Hands on activities include learning meditation techniques, making stress relieving balls, trying out adaptive equipment and making a personalized pendant. There will also be a resource table with books, DVD's and pamphlets. If there is something a caregiver needs, but doesn't know where to find it, they are sure to find it here!

Chair massages will also be available by appointment. To schedule a massage, please call 920-674-8734.

“When you connect to the silence within you, that is when you can make sense of the disturbance going on around you.”

– [Stephen Richards](#)



ADRC OF JEFFERSON COUNTY

# Caregiver Support Newsletter

# The Rewards of Caregiving

---

**November is National Caregiver Month**, a time to acknowledge and celebrate caregivers. You often hear about the challenges, frustrations, and stress of caring for someone, but caregiving isn't without rewards. Take some time to by your caregiving journey.



**Caregiving offers you a chance to “give back” to someone important in your life.** If you are caring for a parent, the help you give them now is a way to “pay them back” for caring for you when you were a child. When caring for a spouse, it can be a thank-you for the love they have given you through the years. Providing care is a way of telling the person they are valuable, that you love them and will always be there for them.

**Caregiving encourages you to spend more quality time with your loved one.** Looking at photo albums, reminiscing about earlier times, reading aloud, watching old movies or just being together become precious ways to enjoy time together. Slowing down enough to simply be together gives you the opportunity to get to know each other better, often resulting in newfound respect and understanding.

**Caregiving can get you in touch with your family history.** Spending time together listening to childhood stories opens a door to the past and gives you a new understanding of how your family was shaped by history. Relish these stories.

**Caregiving gives you an opportunity to learn new skills**, such as multi-tasking and organization. You learn about the medical condition that affects your loved one and how to maneuver through the maze of health care providers. And you learn to be assertive, speaking up to advocate for your loved one.

**Caregiving helps you recognize your own support systems.** You may be surprised to find neighbors, co-workers, relatives and friends reaching out to help you on this journey. Accept their help and take pleasure in how they enrich your life.

**Caregiving can help you become more compassionate and loving.** You may not think you have the ability, patience or personality to be a caregiver, but you do. Rising to the challenges of caregiving helps you to recognize your own strengths and abilities, often strengthening your inner, spiritual self.

**Caregiving leads you to plan your own future.** Discussing and planning end-of-life issues with your loved one can guide you to be better prepared for your own future and give you a deeper understanding of your own values and beliefs.

As you celebrate National Caregiver Month, be sure to recognize the rewards you have experienced on your journey. You may find that caregiving benefits not only your loved one, but also you.

Jane Mahoney

Older American's Act Consultant

Greater Wisconsin Agency on Aging Resources



# Dwight Foster Public Library

## Medicare Lunch & Learn, October 25<sup>th</sup> 2017

Brace Yourselves for Medicare Part D Mail/Important Dates to Remember

*Beginning in late August beneficiaries began receiving notices from SSA/CMS*

Seniors should be reading and saving mail. Pay special attention to mail received from: DHS, CMS, SSA, Medicare, Any current insurance provider.

*Oct 1 – Plans can start mailing their marketing materials – Filling your mailboxes!*

Much like last year, seniors were overwhelmed with mailed materials, insurance calls. And other ads for various Medicare D plans.

*All current Part D enrollees will receive an annual notice of change (ANOC) from their plan sponsor. This ANOC will alert you to such changes as premiums, benefit structure, formulary or co-payments. This notice will NOT be customized, thus each person will have to identify their status on a chart to see which changes will actual affect them directly.*

Open Enrollment Period – October 15 – December 7 –

*Except for special circumstances, this is the only time that folks can enroll, switch plans, or dis-enroll from their plan. All changes are not effective until Jan 1.*

What You Don't Know COULD hurt you.

*For people currently in Part D – Now is the time to evaluate your current plan. You will be receiving an IMPORTANT letter from you plan sponsor about the status of your prescription drug coverage. There could be MAJOR changes in your Part D plan. (Cost – Will your premium and costs change in 2018? Do you need more coverage/Will the drugs you take continue to be covered on your current plan? There may be some new Medicare Health Options in your area. (Medicare Advantage products)*

What is Best for you in 2017 May not be best for you in 2018; Questions to Ask/Changes

*Will this plan cover ALL my meds without any special hoops to jump through? Is this a drug coverage plan only, or will I be changing from the way I currently get Medicare coverage for hospitals and doctors visits.*

*What is the total monthly cost of my medications compared to the co-pays I will be charged. Will I enter the “donut hole” and after how many months? Do I have enough medication cots to come OUT of the donut hole?*

Finally, are you considering ALL the plan options?

*Or only those of certain companies.*

Part D: Changes in Qualifying for Extra Help in 2018

Other Changes –

Medicare.gov's prescription drug finder – tool has been “tweaked”... just went “live yesterday.

Workshops for Medicare beneficiaries – October/November & December

CMS does encourage beneficiaries to opt for paying plan premium directly to their insurers, rather than choosing a monthly deduction from their SSA benefit; In fact, even the Web tool plan finder has been changed from the SSA default to the direct payment option

SeniorCare: Still A Creditable Coverage Option

Waiver currently in place through 12/31/2018

Seniorcare termination will trigger a “Special Enrollment Period”

## DRIVING AND AGING

Driving is a critical issue for seniors. Not only are many older drivers at a higher risk for road accidents, people over 65 are more likely to be seriously hurt in a vehicle accident. Many caregivers are concerned about their older loved one taking the wheel but have a difficult time approaching this sensitive subject.



Many seniors continue to be good, safe drivers as they age, but there are normal changes that can affect driving skills. As joints get stiff, muscles weaken and reflexes are slowed it is more difficult to turn your head to look back, steer quickly or safely hit the breaks. Eyesight and vision changes also can affect safe driving. Medical conditions such as Parkinson's, Alzheimer's, arthritis and strokes may also affect driving as well as the medications taken to combat these and other illnesses.

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But there may be a time when driving is no longer safe. How does one go about taking this privilege away from the person they love?

It is important to know the warning signs of unsafe driving. (Look at the driving behaviors over a period of time, not just one trip.)

- Abrupt lane changes, braking or accelerating
- Trouble navigating turns
- Drifts into other lanes
- Confusion at exits
- Near misses
- Confusing brake and gas pedals
- Delayed responses to unexpected situations
- Failure to observe traffic signs
- Increased agitation or irritation while driving
- Driving at inappropriate speeds
- Fails to pay attention to signs, signals or pedestrians

If you notice any of these warning signs it is time to initiate change. Start by scheduling a driving evaluation through the local DMV and/or refresher driving lessons. Try finding ways to reduce the amount of driving by ordering things through the mail, using public transportation or finding others to give rides when able. Having friends and family members stop by on a regular basis to offer help with errands, etc. is another good approach.

When it is clear that driving is no longer safe at all, start slowly and respectfully in persuading the person to give up his/her keys. Talk about safety – theirs and others - on the road. Talk about options for getting around such as public transportation, friends, family or taxi. Hopefully some of these are already in place. Emphasize the cost savings associated with giving up a car: gas, insurance, repairs, licensing fees, etc. The money saved can be used to pay for taxis or other transportation services. Use the confirmation of family, friends and physician to back up your concern for the person's safety. Plan to visit the person weekly at a designated time to assist with things like shopping and appointments. Also be sure that transportation is available to meet their social needs as well.

If the person refuses to quit driving, it may be necessary to take away the car keys, disable the car or remove it from their residence. A physician can write a prescription stating "no driving" and/or a local police officer could explain the importance of safe driving and the legal implications of unsafe driving. Do not jeopardize the safety of your loved one or others by ignoring the issue of unsafe driving.

Additional resources on this subject are available through AARP, the Alzheimer's Association and [the Aging and Disability Resource Center of Jefferson County](#).

Information taken from the [National Institute on Aging](#) and [The Hartford](#)

Jane Mahoney, Older Americans Act Consultant, Greater Wisconsin Agency on Aging Resources



## Senior Dining Ride Share

Working together Jefferson County and Brown Cab Service, Inc. are providing rides to seniors to attend Senior Dining at lunch time in Fort Atkinson, Jefferson and Lake Mills at a rate of \$1.25 one way.

The Jefferson County Senior Nutrition Program provides nutritious lunch meals, and a place to socialize for seniors age 60 and older as well as the spouse of that person regardless of age on a donation basis. Come join us Monday through Friday for a delicious meal at the Fort Atkinson Senior Center, Jefferson Senior Center or the Lake Mills Municipal Building. Call **(920) 674-8134** with any questions about the lunch meal through the Jefferson County Senior Nutrition Program.

Call **Brown Cab** at **(920) 563 - 6303** TODAY to schedule a ride to attend Senior Dining for lunch in Fort Atkinson, Jefferson and Lake Mills!



---

For Online information on services provided by the ADRC—Aging and Disability Resource Center including Senior Dining menus, please visit the ADRC website:

Search: ADRC of Jefferson County

Or Call 920-674-8734 or toll free at 1-866-740-2372



# October 2017

JEFFERSON COUNTY SENIOR DINING

RESERVATIONS OR CANCELLATIONS

CALL BETWEEN 10:00 AM –  
12:00 NOON

ONE SERVING DAY IN ADVANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>2 Roast Pork Loin</b> <b>Mashed Potatoes</b> <b>Swiss Spinach</b> <b>Sliced Bread</b> <b>Applesauce</b>	<b>3 Meatloaf</b> <b>Baked Potato</b> <b>Peas/Pearl Onions</b> <b>Dinner Roll</b> <b>Chocolate Pudding</b>	<b>4 Chicken, Broccoli</b> <b>and Rice Casserole</b> <b>Spinach Salad &amp; Rasp.</b> <b>Vinaigrette</b> <b>Sliced Bread</b> <b>Watermelon Slices</b>	<b>5 Hon. Mustard</b> <b>Meatballs</b> <b>Baby Red Potatoes</b> <b>Carrots</b> <b>Dinner Roll</b> <b>Birthday Cake</b>	<b>6 Ham Rolls</b> <b>Baked Beans</b> <b>Health Slaw</b> <b>Sliced Bread</b> <b>Pineapple Tidbits</b>	
	<b>9 Roast Turkey</b> <b>Mashed Potatoes</b> <b>Summer Blend Veg.</b> <b>Sliced Bread</b> <b>Pumpkin Cookie</b>	<b>10 Pepper Steak</b> <b>Sour Cream &amp; Chive</b> <b>Pot.</b> <b>Broccoli Cuts</b> <b>Dinner Roll</b> <b>Fruited Gelatin</b>	<b>11</b> <b>Meal Sites Closed</b> 	<b>12 Chicken Breast</b> <b>Mashed Potatoes</b> <b>Baby Carrots</b> <b>Dinner Roll</b> <b>Choc. Rasp. Torte</b>	<b>13 Smoked Sausage</b> <b>Baked Potato</b> <b>Corn</b> <b>Sliced Bread</b> <b>Peach Slices</b>	15
	<b>16 Lasagna Casse-</b> <b>role</b> <b>Mixed Italian Salad</b> <b>French Bread</b> <b>Tapioca Pudding</b>	<b>17 Roast Beef</b> <b>Mashed Potatoes</b> <b>Peas &amp; Carrots</b> <b>Dinner Roll</b> <b>Fruited Gelatin</b>	<b>18 Baked Chicken</b> <b>Veg. Calico Beans</b> <b>Cole Slaw</b> <b>Sliced Bread</b> <b>Ice Cream Cup</b>	<b>19 BBQ Meatballs</b> <b>Cheesy Potato Bake</b> <b>Green Beans</b> <b>Dinner Roll</b> <b>Watermelon Slice</b>	<b>20 Salmon Loaf</b> <b>Baby Red Potatoes</b> <b>Summer Blend Veg.</b> <b>Sliced Bread</b> <b>Key Lime Pie</b>	
	<b>23 Pork Steak</b> <b>Mashed Potatoes</b> <b>Mixed Vegetables</b> <b>Sliced Bread</b> <b>Fruited Gelatin</b>	<b>24 Beef Stroganoff</b> <b>Spinach Salad &amp; Hot</b> <b>Bacon Dressing</b> <b>Dinner Roll</b> <b>Cantaloupe Slices</b>	<b>25 Orange Chicken</b> <b>Baked Potato</b> <b>Pickled Beet Salad</b> <b>Sliced Bread</b> <b>Choc. Banana Torte</b>	<b>26 Swiss Steak</b> <b>Mashed Potatoes</b> <b>Corn</b> <b>Dinner Roll</b> <b>Petite Banana</b>	<b>27 Hawaiian Meat-</b> <b>balls</b> <b>Baby Red Potatoes</b> <b>Carrots</b> <b>Sliced Bread</b> <b>Taffy Apple Salad</b>	
	<b>30 Escalloped Pota-</b> <b>toes</b> <b>and Ham Casserole</b> <b>Winter Blend Veg.</b> <b>Sliced Bread</b> <b>Apricot Halves</b>	<b>31 Baked Chicken</b> <b>Garlic Mashed Potatoes</b> <b>Three Bean Salad</b> <b>Dinner Roll</b> <b>Pumpkin Cake</b> <b>HAPPY HALLOWEEN!</b>				

**Interested in an easy and fun way to connect  
with your family and friends?**

**Learn how in our FREE  
Sip & Swipe Café® Tablet Training Program.**



**Video calling enables you to see friends/  
family members while you talk.**

**Contact the ADRC 920-674-8734 for  
Sip and Swipe Café Locations  
near you!**

## First Caregiver Conference Call:

When I spoke to a few caregivers to seek input of starting a caregiver support group, many caregivers found it too difficult to “get away” to attend or didn’t want to use their resources to cover that time away, very understandable. Time is precious. In some other counties, they have started a Caregiver Conference call that is once a month for an hour. I thought it would be a great opportunity to try this in Jefferson County.

On October 30th, 2017, from 1 –2 pm there will be a conference line open for Caregivers to call in anonymously and have the opportunity to ask questions, learn some updated information on programs that are available, and share your knowledge and experiences with others.

The call in number is: **1-605-475-4120** after you call in, you will need to enter the access code **8417582** and then the # (hashtag sign on your phone). The conference call will start at 1 pm and if you call in early, you should hear music until the call starts.

If you have any questions, please call me at (920) 674-8139.

Best Wishes,  
Sharon Olson,  
ADRC Division Manager

